



**AMREF INTERNATIONAL UNIVERSITY
SCHOOL OF MEDICAL SCIENCES
DEPARTMENT OF NURSING AND MIDWIFERY SCIENCES
KENYA REGISTERED COMMUNITY HEALTH NURSING
END OF SEMESTER EXAMINATIONS**

DNS 324/ DCHN 227: COLLEGE FINAL PAPER 4

DATE: THURSDAY 18TH JANUARY 2024

TIME: 2 Hours

Start: 1400 HOURS

Finish: 1600 HOURS

INSTRUCTIONS

- 1. This exam will be marked out of 100 Marks**
- 2. ALL Questions are compulsory.**
- 3. The Examination has 100 Multiple Choice Questions,**
- 4. Answer all Questions in the ANSWER BOOKLET provided**

SECTION I: MULTIPLE CHOICE QUESTIONS (100 MARKS)

1. The appropriate study design to establish students' attitude towards online exams is: -
 - A. Retrospective study design
 - B. Longitudinal design
 - C. Prospective study design
 - D. Cross-sectional design
2. In research, selection of respondents on every n^{th} interval is common in:-
 - A. Simple random sampling
 - B. Cluster sampling
 - C. Systematic sampling
 - D. Convenience sampling
3. A proposal abstract is the: -
 - A. Executive summary of an entire research including references and appendices
 - B. A precise summary of what the researcher intends to do
 - C. Researchers' prediction regarding the outcome of a study and its benefits
 - D. Researchers' assumption on facts he/she intends to verify whether true or false
4. The predictor variables in research are: -
 - A. Manipulatable by the researcher to determine their effect on another variable
 - B. The total sum of effects from independent variables
 - C. Those variables that affect the outcome of a research without the researcher being aware.
 - D. Always identified and selected at the point of starting data collection
5. A nursing research problem can be reliably identified through:-
 - A. Existing theories and nurses notes
 - B. Existing literature and previous research studies
 - C. Personal experiences and nursing staff meetings deliberations
 - D. The Media and patient cardex notes

6. A good problem statement should:-
 - A. Reflect similarity to a related research conducted in another geographical setting
 - B. Be written clearly, showing the magnitude of the problem to be researched on
 - C. Have a background and introduction to the research being carried out
 - D. Not necessarily include consequences of the problem and those affected by the problem
7. Some of the appropriate verbs to use when stating a specific objective are:-
 - A. Understand, determine, establish
 - B. Explore, Confirm, Understand
 - C. Determine, Describe, Synthesize
 - D. Assess, Mitigate, Extrapolate
8. The right to anonymity and confidentiality for study participants is derived from the principle of: -
 - A. Justice
 - B. Non-maleficence
 - C. Autonomy
 - D. Beneficence
9. The primary functions of research finding dissemination by students is: -
 - A. To provide evidence for review of policy and practice guidelines
 - B. To fulfil academic requirements in obtaining a certain academic award
 - C. For publication in academic and scientific referred journals
 - D. To obtain opportunities for presentation in workshops, seminars and conferences
10. A hypothesis:-
 - A. Spells out an expected relationship between two or more variables
 - B. Is only stated in applied research
 - C. Has no role in influencing a study design and data analysis
 - D. Should not be stated in longitudinal studies

11. Research methodology refers to;
- A. The sampling technique
 - B. The tools that a researcher uses for data collection
 - C. The chain of association between the research question and the research design
 - D. Qualitative methods
12. In literature review:-
- A. A citation involves detailed referencing of a literature source
 - B. Is only conducted at the beginning of the research process
 - C. Conceptual framework of the research is identified
 - D. Newspapers and monographs are not credible sources of literature
13. The measures of central tendency include: -
- A. Mean, Mode
 - B. Standard deviation, Variance
 - C. Range, Median
 - D. Range, standard deviation
14. A research objective should: -
- A. Be declarative and expressed in future tense
 - B. Not focus on study variables
 - C. Focus on one or two variables
 - D. Be stated only in quantitative studies
15. Study designs include: -
- A. Randomization, experimental and Descriptive
 - B. Clustering, quasi-experimental and correlational
 - C. Descriptive, correlational and experimental
 - D. Clustering, randomization and qualitative
16. The main purpose of doing research is to: -
- A. Identify problem
 - B. Find a solution to a problem
 - C. Publish findings on a problem
 - D. Develop one's professional career

17. The statement of justification of the study should show: -
- A. The aims of the study
 - B. The limitations of the study
 - C. Why the study is worth doing
 - D. What is known about the study
18. Exploratory research mainly involves: -
- A. Testing a hypothesis to develop a theory
 - B. Establishing casual relationships between variables
 - C. Investigating the full nature of a phenomenon
 - D. Predicting and controlling variables
19. A good questionnaire should have: -
- A. Long questions
 - B. Academic jargons
 - C. Double questions
 - D. Clarity
20. The following is reported in the appendix of community diagnosis report: -
- A. Results of survey
 - B. Discussion of survey
 - C. Justification of survey
 - D. Questionnaire used
21. Positive correlation always implies: -
- A. Dependent variable increases as independent variable increases.
 - B. Independent variable has causation on dependent variable changes
 - C. Dependent variable reduces as independent variable increases.
 - D. Dependent variable remains the same with changes in independent variable.

22. Exploration during community diagnosis means: -
- A. Planning for the survey.
 - B. Screening of diseases.
 - C. Report writing
 - D. Mapping out the community
23. The ethics of community diagnosis demands: -
- A. Seeking permit from local authority.
 - B. Surveying what is acceptable
 - C. Confidentiality of information collected.
 - D. Doing a pre-visit
24. Sampling error: -
- A. Increases with increase in sample size
 - B. Reduces with reduction in sample size
 - C. Increases with reduction in sampling design
 - D. Reduces with increase in sample size
25. Independent variable is: -
- A. Not manipulated by researcher.
 - B. Plotted on X-axis
 - C. Affected by other variables.
 - D. Plotted on Y-axis.
26. The process of determining the professional roles and functions in curriculum development is referred to as: -
- A. Situational analysis
 - B. Job specification
 - C. Needs assessment
 - D. Job description

27. The correct order in using teaching aids is: -
- A. Selecting, Previewing, planning, presenting
 - B. Previewing, Selecting, planning, presenting
 - C. Planning, Selecting, previewing, presenting
 - D. Selecting, planning, previewing, presenting
28. A student will demonstrate achievement of a psychomotor learning objective by: -
- A. Recalling information presented earlier
 - B. Accepting the patient as an individual
 - C. Performing wound dressing procedure
 - D. Restating information acquired earlier
29. A lesson plan is best defined as: -
- A. A written description of teaching and learning in a course
 - B. A written description of all activities that happen in a teaching learning situation
 - C. A written description of all subjects and learning experiences in a course
 - D. A written description of all teaching activities performed by a teacher in a classroom
30. Activities done during the first step of problem-based learning includes: -
- A. Self-directed learning, group discussion
 - B. Synthesis, presentation of information
 - C. Solution of problems, issuing of references
 - D. Definition of terms, clarifying concepts
31. Active verbs used in educational objectives include: -
- A. Describe, understand, state
 - B. State, know, demonstrate
 - C. Explain, list, demonstrate
 - D. State, understand, list
32. Most effective teaching method that students will acquire higher order of cognitive skills is: -
- A. Practical
 - B. Field visit
 - C. Group discussion
 - D. Lecture

33. In curriculum development, job description entails: -
- A. Title, specific functions of a worker
 - B. Actions required to complete a task
 - C. Dividing down task into subtasks
 - D. Knowledge required in a task
34. Internal participants in curriculum development may include: -
- A. Community, donors, teachers
 - B. Teachers, accrediting institutions, employers
 - C. Employers, government, business community
 - D. Students, religious institutions, parents
35. “By the end of the session, the learners will be able to prepare oral rehydration solution correctly”. Which domain does this objective belong: -
- A. Cognitive
 - B. Affective
 - C. Psychomotor
 - D. Demonstrations
36. Learning takes place faster when: -
- A. Students copy notes as the lecture is being presented
 - B. The teacher keeps repeating points covered
 - C. Students are given short breaks in between the lessons to absorb content taught
 - D. Students solve problems or practice skills and get a feedback
37. The three learning domains according to Bloom’s taxonomy include:-
- A. Effective, cognitive and sensory
 - B. Knowledge, skills and effective
 - C. Affective, cognitive and psychomotor
 - D. Knowledge, cognitive, affective

38. In teaching, set induction can be achieved through: -
- A. Lecturing, simulation and writing on a flip chart
 - B. Discussions, greetings and stating smart objectives
 - C. Greeting participants, abstract thinking, and giving feedback
 - D. Introductions, stating objectives and writing the topic on a flip chart.
39. Innovative teaching methods include: -
- A. Problem based learning, computer aided education and small group tutorials
 - B. Simulations, roles play and community-based education and service
 - C. Self-directed learning, computer aided learning and group discussions
 - D. Problem based learning, e-learning and field visits.
40. The first phase in using teaching media is: -
- A. Previewing
 - B. Planning
 - C. Selecting
 - D. Presenting
41. During Basic emergency obstetric and newborn care (BEmONC) training, the facilitator gave the participants a pre-test. This is an example of: -
- A. Baseline survey
 - B. Progressive evaluation
 - C. Formative evaluation
 - D. Diagnostic evaluation
42. Formative evaluation deals with evaluating learners: -
- A. Achievement of competence
 - B. Progress towards demonstrating competence
 - C. Level of development of appropriate competence
 - D. Suitability for qualifying.

43. One of the following is true about lesson plans: -
- A. It does not develop confidence
 - B. It has nothing to do with organisation.
 - C. It is developed by students.
 - D. It saves from haphazard teaching
44. Attitudes can best be learned through: -
- A. Lecture method
 - B. Role playing
 - C. Group discussion
 - D. Return demonstrations
45. Feedback is most helpful in learning when: -
- A. It is prompt, is objective and complies with standards.
 - B. It is requested by student, is objective and improves standards.
 - C. It is prompt, is requested by student and subjective.
 - D. It is subjective, prompt and complies with set standards
46. The process of placing a value on the learner's performance is: -
- A. Examination
 - B. Assessment
 - C. Evaluation
 - D. Testing
47. Learning is: -
- A. A method of shaping habits and skills acquired
 - B. A process of changing behavior patterns of students
 - C. A process of acquiring new habits, knowledge and skills
 - D. A process of teaching new skills, knowledge and habits
48. Set induction can be done through: -
- A. Questioning and recapping the main points.
 - B. Stating the objectives and summarizing
 - C. Introductions and writing the topic on the flip chart
 - D. Previewing previous topic and use of gestures

49. The cognitive domain of learning: -
- A. Embrace the development of motor skills and attitudes
 - B. Embrace intellectual abilities of memory and reasoning
 - C. Emphasize emotional qualities and feelings
 - D. Emphasize the development of attitudes and memory
50. Characteristics of adult learning include the following **except**: -
- A. Require active participation
 - B. Require external motivation
 - C. Require relevant content
 - D. Require cumulative learning
51. Extrapyramidal side effects of antipsychotic medications include: -
- A. Muscular weakness, rigidity, tremors, facial spasms
 - B. Dry mouth, blurred vision, urinary retention
 - C. Amenorrhoea, gynaecomastia, retrograde ejaculation
 - D. Hypertension, Severe headache, stiff neck
52. In the multiaxial system of diagnosis, a history of Diabetes Mellitus in a patient with a mental illness falls under Axis: -
- A. Axis I
 - B. Axis II
 - C. Axis III
 - D. Axis IV
53. Cognitive behavioural therapy aims at changing: -
- A. Speech and affect
 - B. Mood and affect
 - C. Thoughts and behaviour
 - D. Appearance and behaviour
54. The feature that distinguishes dysthymic disorder from major depressive disorder is: -
- A. Symptoms only affect women during the winter months
 - B. Symptoms include hallucinations and delusional thinking
 - C. Symptoms are more severe and last longer
 - D. Symptoms are less severe but last longer

55. The **best** strategy to ensure the safety of a client with a high risk for suicide is to: -
- A. Check the client frequently at irregular intervals throughout the night
 - B. Assure the client that the nurse will hold in confidence anything the client says
 - C. Repeatedly discuss previous suicide attempts with the client
 - D. Disregard decreased communication by the client
56. The agent commonly used in aversive therapy when managing clients with alcohol dependence is: -
- A. Chloroquine
 - B. Phenobarbitone
 - C. Disulfiram
 - D. Lorazepam
57. The primary nursing intervention for a client experiencing alcoholic hallucinosis is: -
- A. Keeping the client restrained in bed
 - B. Checking the client's blood pressure every 15 minutes and offering juices
 - C. Providing a quiet environment
 - D. Restraining the client and measuring blood pressure every 30 minutes
58. The following statement is true regarding delirium: -
- A. It's characterized by an acute onset and lasts about 1 month
 - B. It's characterized by a slowly evolving onset and lasts about 1 week
 - C. It's characterized by a slowly evolving onset and lasts about 1 month
 - D. It's characterized by an acute onset and lasts hours to a number of days
59. In psychosomatic illness: -
- A. There are no physical symptoms present
 - B. There are physical and psychotic features present
 - C. Patients have symptoms without underlying causes
 - D. Clients have physical illness with underlying psychological cause
60. In the management of mental health conditions, group therapy helps to: -
- A. Eliminate hallucinations
 - B. Mirror one's challenges on other clients
 - C. Reduce delusions and illusions
 - D. Alleviate residual symptoms of depression

61. Bipolar 1 disorder is distinguished from bipolar 2 disorder because in Bipolar 1 disorder: -
- A. Manic symptoms are less severe and obsessional thoughts are common
 - B. Manic symptoms are more severe and there may be the presence of psychosis
 - C. Hypomanic symptoms are present and there are recurrent thoughts of death
 - D. Manic symptoms are more severe and sexual dysfunction is present
62. Detox pharmacotherapy involves use of: -
- A. Vitamin B12, Tetracyclines and Lorazepam
 - B. Flooding, abreaction and Cognitive therapy
 - C. Magnesium sulphate, thiamine and Diazepam
 - D. Cognitive therapy, Thiamine and Vit C supplements
63. Minor tranquilizers are: -
- A. Associated with extrapyramidal side effects
 - B. A source of anticholinergic side effects
 - C. Indicated in schizophrenia
 - D. Associated with muscle relaxation effect
64. The ritualistic behaviors among patients with Obsessive Compulsive Disorder (OCD), helps them to: -
- A. Focus on inabilities to deal with a reality
 - B. Control an underlying anxiety
 - C. Build lasting defense mechanism to resist a sense of guiltiness
 - D. Achieve primary and secondary gains
65. Development of Post-traumatic stress disorder is associated with:-
- A. Anxiety and low self esteem
 - B. Distorted and negative cognitive functioning
 - C. Excess serotonin and norepinephrine levels
 - D. A severe stressor with poor support systems
66. Major depressive disorder: -
- A. Is of unipolar nature
 - B. Presents with bipolar symptoms
 - C. Is diagnosed if insomnia lasts for more than two weeks
 - D. Responds to Electroconvulsive treatment alone

67. The treatment of choice in depression with suicidal tendencies is: -
- A. Tricyclic antidepressants
 - B. MAO inhibitors
 - C. Fluoxetine
 - D. Electroconvulsive therapy
68. Disruptive mood dysregulation disorder is characterised by: -
- A. Recurrent temper outbursts.
 - B. History of a one-week duration of irritable mood.
 - C. Marked affective lability
 - D. Personality change.
69. In Paranoid Personality Disorder (PPD) there is: -
- A. Suspicion of others exploiting or harming the victim
 - B. Lack of desire or enjoyment of close relationships
 - C. Magical thinking that is inconsistent with cultural norms
 - D. Failure to conform to norms
70. Effects of Cocaine on the Brain include: -
- A. Reduced CNS activity, reduced Blood pressure and Heart Rate
 - B. Reduced responsiveness, reduced pain and tension
 - C. Creation of sensory illusions and hallucinations, akathesia
 - D. Increased CNS activity, increased Blood Pressure and Heart Rate
71. In involuntary admissions: -
- A. A patient is able to express self as willing
 - B. MOH 614 form is filled by relatives or spouse to the patient
 - C. Duration of admission should not exceed 12 months
 - D. Discharge of the patient is only authorized by the hospital medical superintendent
72. Tricyclic antidepressants: -
- A. Inhibit reuptake of serotonin and norepinephrine
 - B. Increase reuptake of serotonin and norepinephrine
 - C. Increase metabolism of Dopamine and Cortisol
 - D. Reduce Metabolism of GABA and Cortisol

73. Bipolar disorders include: -

- A. Dysthymia and Major depression
- B. Bipolar I and Cyclothymia
- C. Hypomania and major depressive illness
- D. Obsessive Compulsive disorder and Paraphilias

74. False sensory perceptions are referred to as: -

- A. Illusion
- B. Flight of ideas
- C. Delusion
- D. Hallucinations

75. The CAGE approach is used to rule out: -

- A. Smoking addiction
- B. Alcoholism
- C. Somatization disorder
- D. Conversion disorder

76. The following drugs are effectively used for management of a hyperactive child: -

- A. CNS depressants (e.g., diazepam)
- B. CNS stimulants (e.g., methylphenidate)
- C. Anticonvulsants (e.g., phenytoin)
- D. Major tranquilizers (e.g., haloperidol)

77. The following is **true** about Me-Peculiar (Schizotypal) type of personality:-

- A. Have ideas of reference
- B. Their planning is insufficient
- C. Are underhanded people
- D. Are temperamental people

78. The major development tasks at age of 6-12 according to Sigmund Freud are: -
- A. Initiating feeling of affection for another person and learning independence
 - B. Identifying with parent of same sex, achieving a sense of self confidence by learning
 - C. Forming relationships with members of the opposite sex, and acquaintance
 - D. Repressing of sexuality and forming social relationships with same sex peers
79. The following are risk factors to contracting pneumonia in the pediatric population EXCEPT:
-
- A. Immobility and shallow breathing
 - B. Depressed cough reflex
 - C. Exposure to very low temperatures
 - D. Being on Nothing per Oral diet
80. The priority nursing intervention in the plan of care for a 7year-old child hospitalized for acute glomerulo-nephritis is: -
- A. Assess for generalized oedema
 - B. Monitor for increased urinary output
 - C. Encourage rest during hyperactive periods
 - D. Note patterns of increased blood pressure
81. While caring for an infant with spina bifida, the best technique in recognizing possible hydrocephalus is: -
- A. Obtaining skull X-ray
 - B. Performing a lumbar puncture
 - C. Magnetic resonance imaging
 - D. Measuring head circumference

82. Phimosis is: -

- A. The narrowing of the preputial opening of the foreskin
- B. The failure of the testes to descend through the inguinal canal
- C. Often caused by antibody-antigen reaction in the kidneys
- D. A malignant renal tumour that affects children

83. The most common cause of hearing loss in children is: -

- A. Prebycusis.
- B. Meningitis.
- C. Bell's palsy.
- D. Otitis media.

84. The best home treatment for croup in a 2-year-old is: -

- A. Antibiotics prescribed by his physician.
- B. Aspirin if there is a fever.
- C. Cool mist humidifier or steam therapy.
- D. Over-the-counter cough syrups and decongestants.

85. The most effective pain management intervention for a terminally ill toddler with excruciating pain : -

- A. Providing prescribed opioid and adjunct analgesic medication
- B. Distracting the toddler with his favourite toy
- C. Frequently changing the toddler's position
- D. Giving the toddler food or fluids that he requests

86. The priority nursing diagnosis for a child with Acute Lymphocytic Leukaemia is: -

- A. Risk for infection
- B. Risk for injury
- C. Fatigue
- D. Imbalanced nutrition; less than body requirement

87. The following question in the IMCI strategy assesses for a "general danger sign" in a 4-month-old child presenting with fever that has lasted 3 days:-
- A. Is the child able to drink or breastfeed?
 - B. Has child been very irritable since illness started?
 - C. How many times has the child vomited in the past 24 hours?
 - D. Did the child have convulsions in the past month?
88. The cut-off rate for "fast breathing" in a child who is exactly 12 months old is: -
- A. 60 breaths per minute
 - B. 50 breaths per minute
 - C. 40 breaths per minute
 - D. 30 breaths per minutes
89. A 16-month-old child who has ear pain, no pus draining from the ear and has a tender swelling behind the ear can be classified as having: -
- A. Mastoiditis
 - B. Acute Ear Infection
 - C. Chronic Ear Infection
 - D. No Ear Infection
90. A 27-month-old child living in a high malaria risk area who has a history of fever for 2 days, has an axillary temperature of 38.0°C and is lethargic can be classified as: -
- A. Very severe febrile disease
 - B. Malaria
 - C. Fever – malaria unlikely
 - D. Fungal infection.
91. The priority intervention for a child with acute diarrhea and moderate dehydration is to administer:-
- A. Clear liquids and porridge per oral
 - B. IV fluids 20 Mls/Kg as a Bolus then 70 mls /kg over 5 hours
 - C. Oral rehydration solution (ORS)
 - D. Antidiarrheal medications such as paregoric

92. A priority nursing diagnosis for an infant with oesophageal atresia is:-
- A. Risk for aspiration
 - B. Impaired nutrition less than body requirement
 - C. Parents' knowledge deficit
 - D. Parents' anxiety
93. The anatomical structure that plays a significant role in the development of otitis media in children is:-
- A. Eustachian tubes
 - B. Nasopharynx
 - C. Tympanic membrane
 - D. External ear canal
94. The primary purpose of keeping a child with croup in a cool, high humidity tent connected to room air is: -
- A. Prevent insensible water loss.
 - B. Provide a moist environment with oxygen at 30%.
 - C. Prevent dehydration and reduce fever.
 - D. Liquefy secretions and relieve laryngospasm.
95. Atrial Septal Defect (ASD):-
- A. Is always symptomatic
 - B. Is characterized by a patent foramen ovale:-
 - C. Creates a right to left shunt
 - D. Creates a left to right shunt
96. Coarctation of the aorta presents with:-
- A. Hepatomegaly
 - B. Upper body hypotension
 - C. Diminished lower extremities pulses
 - D. Severe symptoms if combined with a patent ductus arteriosus \

97. One of the following findings is a critical finding when observed in an 8-year old in the immediate post tonsillectomy period.
- A. Reluctance to swallow.
 - B. Spitting blood tinged saliva.
 - C. An axillary temperature of 37degree Celsius.
 - D. Respiratory stridor.
98. A 10-day course of antibiotic therapy is indicated for children with: -
- A. Sterile pyuria.
 - B. Haemorrhagic cystitis due to the adenovirus.
 - C. Bacterial colonization of the urine without obstructive uropathy.
 - D. Recurrent urinary tract infections with a functionally and anatomically normal urinary tract.
99. The following is an emergency sign according to the Emergency Triage and Treatment Potocol (ETAT): -
- A. Convulsions
 - B. Poisoning.
 - C. Pallor.
 - D. Respiratory Distress.
100. In sick children , gradually occurring hypoglycaemia related to decreased oral intake is characterised by headache, mental dullness, fatigue, confusion, irritability and abnormal behaviors
- A. True
 - B. False
101. In sick children, sudden rapid decrease in blood glucose to levels less than 40 mg/dL (2.2 mmol/L) results in symptoms of adrenergic activation such as anxiety, cold sweat, lethargy, tremors, twitching and tachycardia.
- A. True
 - B. False